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a cover member encircling the filling member;

an air vent provided in the filling member and extending from adjacent the nonsitting side of the sitting portion towards the sitting side of the sitting portion, said air vent communicating with the at least one groove;

air and directing the temperature controlled air into the air vent, with the temperature controlled air being directed through the air vent and into the at least one groove to provide temperature controlled air to a seated individual in contact with the sitting side of the sitting portion; and

a mesh member provided between the cover member and the filling member, the mesh member being positioned on a side of the filling member facing in a direction of the sitting side.

21. A seat apparatus for directing temperature controlled air to an individual seated on the seat apparatus, comprising:

a seat cushion that includes a filling member, said seat cushion possessing a sitting side adapted to face towards an individual seated on the seat cushion and a non-sitting side;

a seat back that includes a filling member, the seat back possessing a sitting side adapted to face towards an individual seated on the seat back and a non-sitting side;

at least one groove extending over a limited surface area of the filling member of at least one of the seat cushion and the seat back, the at least one groove opening in a direction towards the sitting side of said at least one of the seat cushion and the seat back;

a cover member encircling the filling member of at least one of the seat cushion and the seat back:

an air vent communicated with the at least one groove;

a fan communicating with the air vent to direct air towards the air vent;

an air temperature controlling device positioned between the fan and the air vent to

control a temperature of the air directed to the air vent and into the at least one groove to

provide temperature controlled air to an individual seated on the seat cushion and the seat

back; and

a mesh member provided between the cover member and the filling member that is encircled by the cover member, the mesh member being positioned on a side of the filling member encircled by the cover member that faces in a direction of the sitting side.

25. The seat apparatus according to Claim 18, wherein the cover member encircles the filling member of the seat cushion, and including another cover member that encircles the filling member of the seat back and a mesh member provided between the another cover member and the filling member of the seat back.

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26. A seat apparatus for directing temperature controlled air to an individual seated on the seat apparatus, comprising:

a seat cushion possessing a sitting side adapted to face towards a seated individual and a non-sitting side:

a seat back possessing a sitting side adapted to face towards a seated individual and a non-sitting side;

at least one of the seat cushion and the seat back including a filling member;

at least one groove extending over a limited surface area of the filling member and

opening in a direction towards the sitting side of the at least one of the seat cushion and the

seat back;

a cover member encircling the filling member;

an air vent communicated with the at least one groove;

a peltier element communicating with the air vent to control a temperature of air directed to the air vent and into the at least one groove to provide temperature controlled air to an individual seated on said at least one of the seat cushion and the seat back; and

mesh member provided between the cover member and the filling member, the mesh member being positioned on a side of the filling member facing in a direction of the sitting side.

33. The seat apparatus according to Claim 26, wherein the seat cushion includes the filling member, the cover member encircling the filling member of the seat cushion, the

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seat back including a filling member provided with a groove, and another cover member encircling the filling member of the seat back.